
Nutrition Facts
About 3 servings per container
Serving size
About 3 Tbsp hulled seeds with seasoning (28g)
Per serving
Per package
Calories
180
510
% DV*
% DV*
Total Fat 15g 19% 42g 54%
Saturated Fat 1.5g 7% 4g 21%
Trans Fat 0g 0g
Cholesterol 0mg 0% 0mg 0%
Sodium 640mg 28% 1820mg 79%
Total Carb. 5g 2% 15g 6%
Dietary Fiber 2g 7% 6g 20%
Total Sugars 2g 4g
Incl. Added Sugars less than 1g 2% 3g 5%
Protein 6g 18g
Vitamin D 0.1mcg 0% 0.4mcg 2%
Calcium 20mg 0% 60mg 4%
Iron 1.3mg 6% 3.8mg 20%
Potassium 140mg 2% 410mg 8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
INGREDIENTS: SUNFLOWER SEEDS, SALT, AND LESS THAN 2% OF CORN SYRUP SOLIDS, CITRIC ACID, MONOSODIUM GLUTAMATE, SODIUM DIACETATE, MALTODEXTRIN (MADE FROM CORN), LIME JUICE, SPICES (INCLUDING CHILI PEPPER), GARLIC POWDER, NATURAL FLAVORS, AND PAPRIKA EXTRACTS.
Manufactured for Frito-Lay, Inc.
Plano, Texas 75024-4099
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Questions & Comments? 1-877-577-7489
Weekdays 9:00 am to 4:30 pm Central Time
SPITZ
CHILI LIME
A BURST OF FLAVOR
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BIG SEEDS WITH BIG PERSONALITY™
EATING INSTRUCTIONS: CRACK OPEN SHELLS, DISCARD SHELLS, ENJOY THE SEEDS!
CHOKE WARNING: DO NOT GIVE TO CHILDREN YOUNGER THAN 4 YEARS OLD.
smartlabel
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SL-SPTZ-4C SIDESEAL 997007
NET WT. 6 OZ. (170.1 g)
SUNFLOWER SEEDS
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SHELLIN' & SPITTIN'
FIRE ROASTED & SALTED SEEDS
CHILI LIME FLAVORED
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